

German Madword



Scientific name: *Asperugo procumbens* L.

Common name: German Madword

Traditional name: Badrangboye, Mufarah al-Qalb

Part used: Leaves and aerial parts

Description & characteristics:

The oval and toothed leaves bigger than mint leaves and very delicate with a smell similar to bergamot

Temperament: Hot and dry

Functions:

Mood, brain, senses, intelligence and memory, stomach and liver tonic, *Mofarrih*(refreshing) and *Mofattih*(deobstruent) of brain obstruction, *Molattif* (attenuant).

Traditional uses:

Treating nightmares, melancholic panic, palpitation and syncope , loss of black bile, phlegm diseases, ischium diseases, kidney, detoxification, remove bad breath sense, stomach ulcers and colic, tooth decay, dyspnea , heart tonic, calming joints aches, wet and cold stomach tonic, attenuate stodgy food and belching then sleep better, opening brain obstruction, retention of menstruation.

Modern uses:

Nervous disorders and insomnia, carminative, antispasmodic, mild sedative, diuretic, TSH hormone antagonist and antiviral (topical)

Dosage:

Infusion of 4-6 scoops (in a cup of hot water for 10 minutes), twice to three times a day

Side effects:

- No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages.
- Possibility of skin allergy in topical use.
- Nausea, vomiting, abdominal pain, confusion and wheezing .

Precautions and warnings:

- No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages.
- Two weeks before any surgery, discontinue any herbal products.

Use in pregnancy and breastfeeding:

Not recommended.

Contraindications:

- Not enough information is available.
- Due to the lack of sufficient studies, it is not recommended to be used in children under 12 years old..

Interactions:

Theoretically, the simultaneous use of the plant with sedative drugs may intensify the effects of the drugs and cause side effects.

Pharmaceutical forms available in natural products pharmacy:

- Four herbs distillate
- Borage syrup
- Mondij of soda powder
- Lemon balm capsule (Najabal)
- Asrol capsule
- Safof Hefz capsule
- Lemon balm tablets
- Mondij of soda tablets
- Mofarraah Abrisham syrup

References:

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